

## 19.1 - Becoming more socially comfortable

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[19 - Self-amelioration](#)

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My goal is to become more comfortable when talking to ANYONE.

I plan to action this by developing charisma.

charisma: *compelling attractiveness or charm that can inspire devotion in others.*

I plan to develop charisma by:

1. Becoming more individual, thus interesting

[19.1.1 - Becoming more individual, thus interesting](#)

### Summary

Be your **individual** self, **confidently independent** of brakes on your nature.

2. Caring about the other

[19.1.2 - Caring about the other](#)

### Summary

Charisma is based on making the other feel validated or improved, so **intend to discover** what makes the other individual (interesting), and **show it**, to achieve this.

3. Talking slower

[19.1.3 - Talking slower](#)

### Summary

Talk slower to make it easier for yourself and the interlocutor

## Action plan

To actuate change, you have to take the plunge regularly. See [19.2 - Doing what scares you](#)

The first thing I will do for this, is do at least one thing a day which is independent of judgement.